



**South Shore**  
Regional Centre for Education

# October 2019

## Monthly Report

Appreciation and thanks are extended to all staff including transportation, maintenance, administrative assistants, teachers, principals, custodians, regional office staff and many others for a smooth and successful start. We hope that everyone is back in their routines following the summer break and enjoying the school year so far.

Thursday, September 12 was Anti-Bullying Day. All schools are educating students about bullying prevention and online safety, not just on September 12 but everyday! It is our belief that school communities must be safe and supportive, where everyone is treated with dignity and respect. It's important for us to educate students about bullying, its effects and how to reach out for help.

Schools recognized Orange Shirt Day on Monday, September 30. The annual Orange Shirt Day is an opportunity to create meaningful discussion about the effects of residential schools and the legacy they have left behind. It is also a day for survivors to be reaffirmed that they matter. By wearing orange, we are remembering those in residential schools who survived, and those who did not.

We have many things coming up that our schools will be recognizing including Mi'kmaq History Month. Regional staff and principals have also been working hard on regional goals and objectives for the region. Soon, we will be able to share the work we have done with parents and community members.

We hope you enjoy the content of this report and look forward to sharing more stories from our schools in the upcoming months!

Sincerely,

Paul Ash  
Regional Executive Director  
South Shore Regional Centre for Education



### Coming up this month ...

- October 9, 2019 - CLT Day (90 minute early dismissal)
- October 14, 2019 - Thanksgiving Day
- October 23, 2019 - CLT Day (90 minute early dismissal)
- October 25, 2019 - NSTU Provincial Conference Day
- October 29, 2019 - Principals' Meeting
- October 31, 2019 - Parent-Teacher Afternoon (P-12)(pm)

## Stand Up Against Bullying Day



### Stand Up Against Bullying Day Was Proclaimed In 2007

In 2007, the Premier proclaimed the second Thursday at the start of each school year as Stand Up Against Bullying Day.

The inspiration for the day came from actions of Central Kings Rural High School Grade 12 students, Travis Price and David Shepherd who rallied behind a new student to the school who was being bullied simply for wearing pink. For more information visit—<https://www.antibullying.novascotia.ca/>



### What is Bullying & Cyberbullying

**Bullying is when someone repeatedly tries to hurt another person's body, feelings, self-esteem, reputation, or property.**

Helping or encouraging someone to bully another person is also bullying.

- ❖ Bullying hurts.
- ❖ It can reduce engagement, reduce productivity, and reduce quality of life.
- ❖ People who are being bullied can be left feeling vulnerable and alone.



**Cyberbullying is when someone uses technology (social networking sites, e-mails, text messages, and the sharing of images) to bully someone else.**

- ❖ Cyberbullying is unique because hurtful messages or pictures can quickly and anonymously be shared.
- ❖ This sense of "no one knows it's me" can increase bullying actions.



# MI'KMAQ

WIKEWIKU'S HISTORY MONTH OCTOBER

## The Creation of Mi'kmaq History Month

In 1993, Premier John Savage and Mi'kmaq Grand Chief Ben Sylliboy declared October as the official month to recognize and celebrate Mi'kmaq culture and heritage. Mi'kmaq History Month is celebrating its 20-year anniversary in 2013 and we invite everyone to join us in the celebration of our culture and heritage.

Each October, community activities, events, sharing and showcasing the Mi'kmaq history takes place across Nova Scotia. Everyone is encouraged and welcome to participate in Mi'kmaq History Month events. If your community business, organization or school has a Mi'kmaq related event, story, photo, creation, submission or musical contribution that you would like to share, we would love to hear from you and will add your contribution to our website.



Mi'kmaq Camp. [ca. 1880] Theodore Keisel. 78-712-2462. Beaton Institute, Cape Breton University

The history of Mi'kmaq people is very long and our homeland, called Mi'kma'ki, is very large. There have been people living here for more than 11,000 years! Mi'kma'ki, is made up of all of Nova Scotia and Prince Edward Island and large areas of New Brunswick, the Gaspé Peninsula and Newfoundland.

While many histories are written only from historical documents, understanding our past and our homeland requires the understanding of many different kinds of information. In the past, Mi'kmaq people learned about their culture and history through stories and legends. These oral (spoken) histories are very important to understanding our past. In addition, because our history is so old, we use sciences like archaeology and geology to help us tell our stories.

Mi'kmaq history and culture is like a puzzle that has many different pieces. Some pieces come from geology, which tells us about the environment in the past. Other pieces come from archaeology, which tells us about where and how our ancestors lived. We also use historical documents that were written mostly by Europeans, since it was rare for Mi'kmaq people to write their histories down on paper.

Most of all, we listen to each other especially to the Elders in our community—because it is our stories and legends that help put all the pieces of the puzzle together into a picture we can call our own.

One of the most exciting things about the puzzle is that the pieces are all around us, whether we are Mi'kmaq or not. Chances are you are living near a river that once had encampments along it; today these encampments are archaeological sites. All of us live near places with Mi'kmaq names like Shubenacadie or Tracadie.

Others may live near certain islands, hills, or special places that are part of Mi'kmaq stories. Perhaps there is a special source of stone nearby that people used to make their tools, or a place with clay that people used to make their bowls, and containers for cooking. Whether we realize it or not, everyone travels over and through ancestral Mi'kmaq places, and we do it every day.



## ABOUT THE 2019 POSTER

### L'nui'sultinej Let's Speak Mi'kmaq

Language is at the heart of Mi'kmaq culture and knowledge. In this International Year of Indigenous Languages, we celebrate our ancestors who have preserved and protected our language over many generations. Speakers say that our language is based in actions or "doing." Rather than saying what something is, more often in Mi'kmaq a word says what something does. The language is also flexible since there are many ways to express oneself. Because of this, the context of who, why, where and when someone speaks is very important. The language contains a great deal of humour and imagery. Words and phrases are rich in teachings and worldviews, and are often anchored in the landscapes and seascapes of Mi'kma'ki.

All Mi'kmaq History Month information shared in this document is courtesy of <https://mikmaqhistorymonth.ca/mikmaq-history/>



Orange Shirt Day  
September 30



Wear an orange shirt  
to honour  
the children  
who survived the  
Indian Residential Schools and  
to remember  
those who didn't.

## ORANGE SHIRT DAY

SEPTEMBER 30

A day to listen, learn and honour



The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind. A discussion all Canadians can tune into and create bridges with each other for reconciliation. A day for survivors to be reaffirmed that they matter, and so do those that have been affected. Every Child Matters, even if they are an adult, from now on.

The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. It is an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.



### Orange Shirt Day

Six-year-old Phyllis Webstad was excited about her first day at St. Joseph's Residential School in Williams Lake, B.C. in 1973. Her granny had bought her a new, bright orange shirt for the occasion. But when she proudly arrived at the church-run residential school, she was stripped of her clothes, and her hair was cut. Her new shirt was taken away and she never got it back.

"The colour orange has always reminded me of that, and how my feelings didn't matter, how no one cared, and how I felt I was worth nothing," said Phyllis, forty years later.



### Phyllis' Story

*I went to the Mission for one school year in 1973/1974. I had just turned 6 years old. I lived with my grandmother on the Dog Creek reserve. We never had very much money, but somehow my granny managed to buy me a new outfit to go to the Mission school. I remember going to Robinson's store and picking out a shiny orange shirt. It had string laced up in front, and was so bright and exciting – just like I felt to be going to school!*

*When I got to the Mission, they stripped me, and took away my clothes, including the orange shirt! I never wore it again. I didn't understand why they wouldn't give it back to me, it was mine! The color orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared.*

*I was 13.8 years old and in grade 8 when my son Jeremy was born. Because my grandmother*

*and mother both attended residential school for 10 years each, I never knew what a parent was supposed to be like. With the help of my aunt, Agness Jack, I was able to raise my son and have him know me as his mother.*

*I went to a treatment centre for healing when I was 27 and have been on this healing journey since then. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years. Even now, when I know nothing could be further from the truth, I still sometimes feel that I don't matter. Even with all the work I've done!*

*I am honoured to be able to tell my story so that others may benefit and understand, and maybe other survivors will feel comfortable enough to share their stories.*

All Orange Shirt information shared in this document is courtesy of <http://www.orangeshirtday.org/>



## EDUCATION/EARLYCHILDHOOD DEVELOPMENT Free Menstrual Products Available in Schools

Public school students across the province will now have access to free menstrual products when they need them.

“No student should have to go to school worrying where or how they will access menstrual products,” Zach Churchill, Minister of Education and Early Childhood Development. “Students should be able to focus on learning. This is one less thing they have to worry about.”

Universal access to menstrual products in schools means putting the well-being of students first. Most schools across the province already make these products available. Soon, all schools with grades four and up will make them accessible to their students.

Each school will decide how and where these products will be made available. All schools will be provided posters that include a blank space, where they can fill in where students can find these products.

### Quotes:

“We know access to menstrual products can be a barrier for many students. We also know that sometimes, you might forget to plan ahead, or find yourself in an emergency. No matter what the reason, this is one less thing students need to think about.”

- Kelly Regan, Minister responsible for the Status of Women.

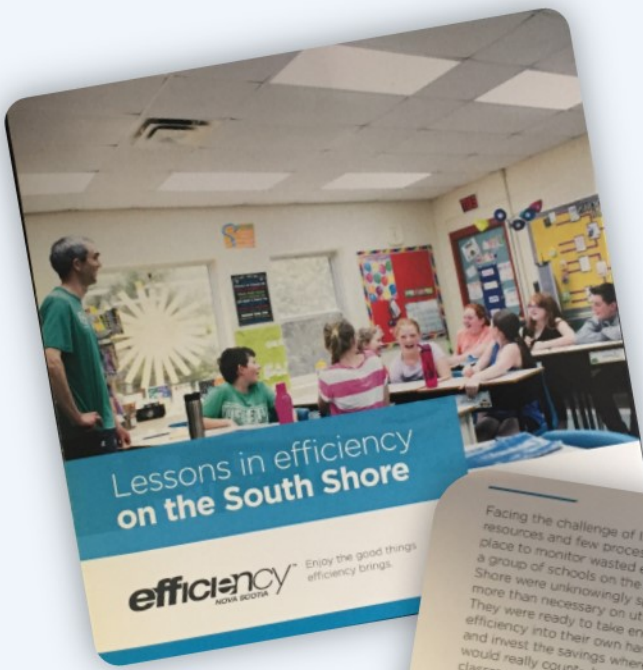
“Many students sometimes leave school if they don’t have these products with them, which could then affect their education, their attendance and overall success at school, all because of a natural thing every month. It is important for schools to make these products free so that no student ever, has to worry about not being able to afford them, or having to leave school because of this.”

- Aya Ali, student with the Halifax West Health Action Team

### Quick Facts:

- menstrual products will be available in 367 schools with grades four and up.
- there are about 40,000 students between grades four and 12 who could potentially access these products.





Front cover—John Atherton, teacher at Chester Area Middle School. Bottom right—Andy Selig, Coordinator of Operations—courtesy of Efficiency Nova Scotia—  
<https://www.energycns.ca>

Improving the energy efficiency of local rinks, arenas, schools, and universities will not only improve conditions and comfort, it will result in cost savings that can be reinvested in other ways.

For example, the savings gained from a more efficient refrigeration control system could be used to upgrade a facility's outdated and energy-intensive lighting to LED.

And those savings can further be reinvested in the facilities, or used for other priorities within your community.

We have many solutions that can be tailored to custom fit your organization or facility. You and the community you serve will be enjoying the good things efficiency brings in no time, while saving on your bottom line, and having a positive impact on our environment.



A huge thank you to Wanda Zinck of SSRCE Transportation Department for participating in the Big Brothers Big Sisters Touch a Truck event on Sunday, September 22. Wanda spent the day letting children explore our buses and answered questions about routes and safety. This was a fun and educational day that also helped raise money for a worthwhile local charity.

## Fund Supports Healthy Lunches for Students on the South Shore

Through a \$160,000 investment, Invest Nova Scotia is supporting farmers and setting students up for success by delivering healthy lunches in five schools on the province's South Shore.

The investment will support Agri-Futures Nova Scotia's salad bar pilot project. The announcement was made today, Sept. 25, at Hebbleville Academy, Hebbleville, Lunenburg Co., by the fund's independent board of directors.

"Invest Nova Scotia supports projects that foster innovation and collaboration to help grow our province's economy," said Ken Deveau, chair of Invest Nova Scotia. "This will give students the opportunity to make healthy food choices while teaching them the importance of buying locally grown products."

The one-year pilot, will aim to serve 25,000 meals, using 30 per cent locally grown ingredients. If it proves to be successful, Agri-Futures Nova Scotia hopes to replicate the project in schools across the province.

### Quotes:

"Agri-Futures Nova Scotia is pleased to be a part of the solution of getting local, healthy foods into schools. With support from Invest Nova Scotia and our other partners, we are working together to make real food system changes to benefit our health, the environment and our economy."

– Richard Melvin, chair of Agri-Futures Nova Scotia

"Our school is thrilled to be a part of such a fantastic, home-grown initiative. This generous investment by Invest Nova Scotia allows us to have healthier students in our classrooms. The fact that it also serves to help our local farmers makes it even sweeter. We all know that better-fed students are happier and more engaged."

– Stephen Johnson, principal of Hebbleville Academy

"This project is an innovative way of bringing the agriculture industry into the classroom. Teaching students about the importance of supporting our local farmers through buying local, will strengthen our agriculture industry and help grow our economy."

– Mark Furey, Minister of Justice

### Quick Facts:

- the salad bar pilot supports the ONE Nova Scotia report's goal to increase domestic markets for agricultural products
- Chester Area Middle School, Chester, Bluenose Academy, Lunenburg, West Northfield Elementary, West Northfield and New Germany Rural High, New Germany, have already begun the pilot
- Invest Nova Scotia is an independent decision-making board that grants economic incentives. Projects must spark innovation, be collaborative, measurable and sustainable and advance the strategic goals of the ONE Nova Scotia Coalition
- Agri-Futures Nova Scotia is a non-profit organization made up of Nova Scotia farmers created to deliver funding on behalf of Agriculture Canada

### Additional Resources:

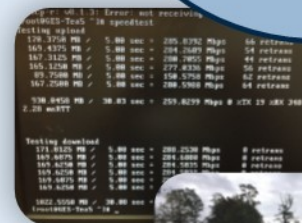
For more information on Agri-Futures Nova Scotia, visit <https://www.agri-futures.ns.ca/>

For more information on Invest Nova Scotia, visit <https://beta.novascotia.ca/apply-project-funding-invest-nova-scotia>

Students and staff at Greenfield Elementary School are enjoying high-speed internet. We are so proud to see this finally happening. This has been in the works for years!



At long last Greenfield Elementary School students can use the Internet for research and investigations at school—thank you so much—Curtis



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